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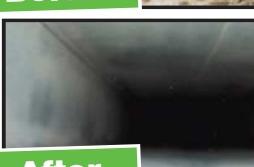
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Tuesday



#### PERFECT TIMING

**Cherry blossoms** are on track to peak at the end of the month **9**

#### WELL-INTENTIONED

**Workplace health initiatives** may not help the bottom line **4**

#### LEBRON WHO?

**In a fantasy-world dunk contest,** James might not be king **14**



**48 | 33**



THINKSTOCK/EXPRESS ILLUSTRATION

MARCH 5, 2013 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



From T-shirts to tattoos, D.C.'s flag is becoming an icon for cool. **11**



FOR EXTENDED FORECAST, SEE PAGE 33

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## DIVINE INTERVENTION

**God Finally Indicates That He Would Like More Cowbell**

Officials at a Roman Catholic church in Pittsburgh say someone stole the building's organ — and the 200 massive pipes required to play it on — Friday. St. Justin's Church business manager Skip Harry said he's baffled how anyone could get the music equipment, worth \$200,000, out of the building because of the church's layout. There were no signs of forced entry. (AP)

## ILLUSIONS

**"We get asked about a lot of these ... I think it is people letting their imaginations run away with them."**

— SHAUN FOGGETT, DIRECTOR OF CROCODILES OF THE WORLD IN ENGLAND AFTER REPORTS LAST WEEK OF A CROCODILE SPOTTED IN THE RIVER THAMES TURNED OUT TO BE A PROP FROM A JAMES BOND MOVIE, THE TELEGRAPH REPORTED SATURDAY

## APPLICATIONS

**'My Strange Addiction' Entry Never Reaches Show's Execs**

British customs at London's Gatwick Airport said Friday they found 207 pounds of caterpillars in the luggage of a passenger travelling from Burkina Faso via Istanbul. The man claimed the dried caterpillars shrink-wrapped in cellophane were food. The 22-year-old passenger was let off with a warning. (AP)

© **The Big Picture**

JUNI KRISWANTO/AFP/GETTY IMAGES



**DOG IS MY CO-PILOT:** Handoko Njotokusumo and his dog, Ace, take a weekend ride through traffic Saturday in Surabaya, Indonesia. Handoko, 57, a retired businessman, regularly takes Ace, a golden retriever, for rides around the city.



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# Bill Unveiled to Avoid Shutdown

House GOP measure would also ease pain caused by sequester

## Washington

A bill proposed by House Republicans on Monday to keep the government operating for the remainder of the fiscal year also would serve to mitigate some of the most striking impacts of the across-the-board spending cuts enacted last week.

The effort is part of a huge spending measure that would fund day-to-day federal operations through September — and head off a potential government shutdown

later this month. It's set to advance through the House on Wednesday.

The measure would leave in place automatic cuts of 5 percent to domestic agencies and 7.8 percent to the Pentagon ordered by President Barack Obama on Friday night after months of battling with Republicans over the budget. But the House Republicans' legislation would award the Defense and Veterans Affairs departments their detailed 2013 budgets while other agencies would be frozen at 2012 levels — and then bear the across-the-board cuts.

Obama said he was continuing to seek out Republican partners to reach a deal to ease or head off the

## Meanwhile ...

**The Pentagon will furlough** about 15,000 military school teachers and staff around the world because of the automatic budget cuts that took effect last Friday, but spokesman George Little said Monday the department will manage the process so the schools don't lose their accreditation. Homeland Security Secretary Janet Napolitano also said Monday that the automatic cuts, known in Washington as a sequester, were causing delays in customs lines at airports including Los Angeles International and O'Hare International in Chicago. (AP)

cuts, but there was no sign that a breakthrough was in the works.

Obama presided Monday over the first meeting of his new-look Cabinet in a sobering climate of fiscal belt-tightening, urging humane management of spending cuts for communities and families that are "going to be hurting."

"We can manage through it," the president told reporters. Obama and members of his Cabinet had been warning for weeks that the cuts would be painful, but the fact is they will be slow to take effect, with the first furloughs of government workers not due until April. Cuts to many programs may go unnoticed entirely. (THE WASHINGTON POST/AP)

## In Brief

### ORLANDO, FLA.

#### 12 Former Band Members Charged in FAMU Death



Champion

Twelve former Florida A&M University band members were charged Monday with manslaughter in the 2011 hazing death of a drum major. Ten of the band members had been charged last May with third-degree felony hazing for the death of 26-year-old Robert Champion. (AP)

### MINNEAPOLIS

#### Snowstorm Threatening Big Midwestern Cities

A late-season snowstorm that blanketed parts of the Dakotas on Monday was threatening to do the same to cities from Minneapolis to Chicago, which were bracing for as much as 10 inches of powder. The National Weather Service issued winter storm warnings for the Upper Midwest from North Dakota and northwestern Minnesota, Wisconsin, Iowa and Illinois. (AP)

## Hearsay

**"I guess you could say I'm living free off the kindness [of others]."**



— CASEY ANTHONY, REVEALING MONDAY AT HER BANKRUPTCY HEARING IN TAMPA, FLA., THAT SHE DOESN'T HAVE A JOB OR A CAR, LIVES WITH FRIENDS AND RELIES ON UNSOLICITED GIFT CARDS AND CASH

## President Nominates 3 to Cabinet-Level Posts

### Washington

President Barack Obama signaled his willingness to tackle climate change with his pick of Gina McCarthy to lead the Environmental Protection Agency, one of three appointments he announced Monday.

A 25-year veteran of environmental policy and politics, McCarthy has worked for Republicans and Democrats, including Mitt Romney, who tapped her to help draft state plans for curbing the pollution linked to global warming.



McCarthy

Moniz

Burwell

change champion. But McCarthy will have to balance the administration's ambitions with a dwindling budget: Congress

Obama also nominated MIT nuclear physicist Ernest Moniz to lead the Energy Department and Walmart's Sylvia Mathews Burwell to head the budget office.

In nominating McCarthy, Obama is promoting a climate

has cut EPA's budget by 18 percent over the last two years, and the automatic budget cuts that went into effect Friday will hinder the agency's energy efficiency programs and climate research.

DINA CAPPIELLO (AP)

## Correction

The Local story, "Union Station's New Front Porch," on Friday's page 11 misidentified the before and after photos of work at Columbus Plaza. For the correct photos, see page 10.

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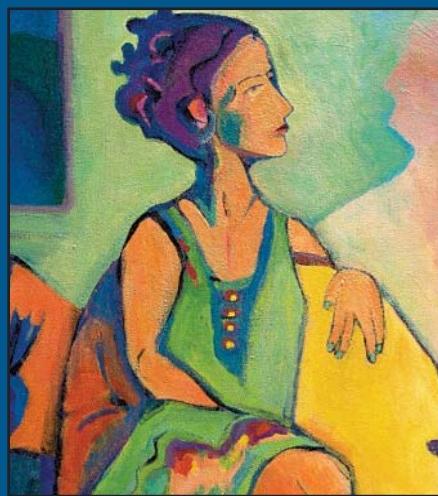
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# Nation

## Wellness Programs Scrutinized

**Study: Incentives don't initially save companies money**

### Washington

Your bosses want you to eat your broccoli, hit the treadmill and pledge you'll never puff on a cigarette. But a new study raises doubts that workplace wellness programs save the company money.

In what's being called the most rigorous look yet inside the wellness trend, independent researchers tracked the program at BJC HealthCare, a major St. Louis hospital system for two years. Hospitalizations for employees and their family members dropped dramatically, by 41 percent overall for six major conditions. But increased outpatient costs erased those savings.

Some previous studies have

### Backstory

The new study provides an in-depth look at BJC HealthCare, a hospital system that in 2005 started a comprehensive program linked to insurance discounts. BJC provides health insurance for about 40,000 people and the overwhelming majority participated in the wellness program. Referring to the new study, BJC President Steven Lipstein said encouraging employees to make healthy lifestyle decisions and rewarding those who do reflects corporate values, not just the bottom line. "When you make an investment in wellness and prevention, you shouldn't expect an immediate return," he said. (AP)

shown savings from wellness programs, but the study in Monday's issue of the journal Health Affairs has implications for a debate now taking place at companies around the country: how much pressure can you put on workers to quit smoking, lose weight and get exercise before it turns into unwelcome meddling, or worse, a slippery slope toward a new kind of health discrimination?

Steven Noeldner, an expert with the Mercer benefits consulting firm,

says well-designed programs generally show a positive return of about 2 percent by the third year.

Gary Claxton of the Kaiser Family Foundation, which produces a widely cited annual survey of workplace health plans, says the financial impact is difficult to measure. "A lot of employers think it's the right thing to do and they're not so much interested in measuring," said Claxton.

RICARDO ALONSO-ZALDIVAR (AP)

### After Sinkhole, Digging for Answers in Fla.



SCOTT ISKOWITZ/AP

A CREW MEMBER SEARCHES for personal items from the home of Jeff Bush, 37, Monday in Seffner, Fla., four days after a sinkhole opened up under the house and swallowed Bush. The search for Bush's body was called off Saturday. Crews started tearing down the home Sunday and continued Monday.

## Baby Born to Parents in Fatal Crash Also Dies

### New York

Police identified a suspect being sought in the hit-and-run deaths of a pregnant woman and her husband, whose baby died on Monday, a day after the Brooklyn car crash.

NYPD spokesman Paul Browne said police are looking for 44-year-old Julio Acevedo, who had a DWI arrest in February. Acevedo was going at least 60 mph Sunday when the car slammed into the cab carrying Nachman and Raizy Glauerto a hospital, police said.

The newborn boy, delivered after the crash, died early Monday, according to Isaac Abraham, who serves as a spokesman for the family's Orthodox Jewish community. (AP)

# \$3.75

The amount the national average for a gallon of gasoline fell to Monday, dropping 3 cents over the weekend as drivers caught a break after two months of steep increases. Oil dropped to \$89.79 a barrel mid-Monday. (AP)

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# World

## In Brief

BAGHDAD

### 48 Syrian Troops Killed After Crossing Into Iraq

At least 48 Syrian soldiers were killed in an ambush Monday after seeking refuge across the border in Iraq after clashes with rebels in their home country, officials said. The attack in Anbar province is likely to raise concerns that Iraq could be drawn into Syria's war. (AP)

PARIS

### France: Al-Qaeda Leader In Mali Was Likely Slain

France said Monday for the first time that Abou Zeid, an al-Qaeda leader in Mali, is likely dead. An activist also reportedly confirmed the death. If true, the killing may be a turning point for France and its allies trying to root out jihadists. (AP)

JERUSALEM

### 'Palestinian-Only' Buses Praised and Protested

Israel launched a pair of "Palestinian-only" bus lines in the West Bank on Monday. The move was presented by the government as a goodwill gesture, assailed by critics as racism and welcomed by Palestinian riders. (AP)

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# Unrest Roils Crucial Kenya Vote

Violence, long lines mark first polls since bloody '07 election

Mombasa, Kenya

Kenya's presidential election drew millions of eager voters who endured long lines to cast ballots Monday, but the vote was marred by violence that left 19 people dead, including four policemen hacked to death in Mombasa by machete-wielding separatists.

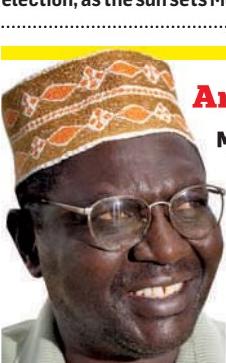
Officials urged voters not to be intimidated by the violence amid fears the impending election results could spark another round of the ethnic-related bloodshed. More than 1,000 people died after the 2007 vote.

The election is the first presidential poll under a new constitution designed to prevent the ethnic violence of 2007–08. Enthusiastic voters formed long lines, and officials estimated turnout at 70 percent of 14 million registered voters.

"Never before have Kenyans turned up in such numbers," said Prime Minister Raila Odinga, one



BEN CURTIS/AP



### An Obama on the Ballot

**Malik Obama, 54**, a half-brother of President Barack Obama, was running for a governor's position in Kenya's nationwide elections on Monday. He has said he's not sure what impact his relationship to the U.S. president has had on his campaign, which invokes the message that his relative leaned on during his 2008 campaign: Change. Obama hopes to become the first governor of Kenya's western county of Siaya. (AP)

of the presidential candidates.

Monday's separatist violence is different from the tribal, post-election violence experienced five years ago. The separatist group — the Mombasa Republican Council, which believes Kenya's coast should be an independent country — had threatened attacks during the vote.

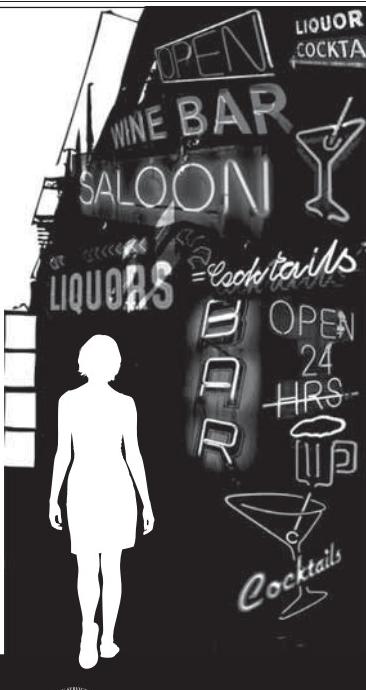
Police also blamed the MRC for three deadly attacks in nearby Kilifi. Gunshots and an explosion rang out in the city of Garissa, near the Somali border, as gunmen stormed two polling stations, officials said.

The election is widely viewed as a test of Kenya's democracy.

George Kimo, 42, waited two hours to vote. He said it was the first time he felt his ballot would actually count; the government upgraded ballot security measures in the wake of allegations the last vote was rigged.

"I felt that it was important to wait and vote today because we need a new government," he said.

Results are not expected until Tuesday or Wednesday. A run-off between the top presidential contenders is likely in April. JASON STRAZIUSO AND TOM ODULA (AP)



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## CRIME

## U.K.'s Dark Knight

A man dressed as Batman brought a suspected burglar to a police station in northern England, West Yorkshire Police said Monday, adding that they do not know the identity of the man in "a full Batman outfit" who turned in the 27-year-old suspect. Images released by police show a caped crusader — in the comic hero's boots, gloves and logo across his chest — standing with a man in a hooded sweatshirt. (AP)



## Cardinals Seek Scandal Details Ahead of Vote

## Vatican City

Cardinals said Monday they wanted to be briefed about the true state of Vatican dysfunction before they elect the next pope, evidence that the scandal over leaked papal documents is casting a shadow over the conclave and setting up one of the most unpredictable papal elections in recent times.

The Vatican said 103 of the 115 voting-age cardinals attended Monday's opening session of the pre-conclave meetings, at which cardinals

organize the election, discuss the problems of the church and get to know one another before voting.

The red-capped men took an oath of secrecy and decided to pen a letter of "greeting and gratitude" to Benedict XVI, whose resignation has thrown the church into turmoil.

The Vatican's administrative shortcomings were thrust into stark relief last year with the publication of papers from Benedict XVI's desk, exposing infighting and allegations of corruption and cronyism in the Church's highest echelons.

## Meanwhile ...

**The pope emeritus**, as Benedict XVI is now known, on Monday remained holed up at Castel Gandolfo in Italy, his temporary retirement home. He resigned on Feb. 28. Elsewhere, the Vatican on Monday refused to confirm whether it was investigating Scottish Cardinal Keith O'Brien, who resigned last week and admitted Sunday that his "sexual conduct has fallen below the standards expected of me." (AP)

The pope's butler was convicted of stealing the documents and leaking them to a journalist; he eventually received a papal pardon.

No date has been set yet for the conclave. The dean of the College of Cardinals has said a date won't be finalized until all cardinals have arrived. But speculation has mounted that the conclave might begin around March 11, with the aim of having a new pope installed by March 17, the Sunday before Palm Sunday, the start of Holy Week.

NICOLE WINFIELD (AP)

# 259

The number of nominations for this year's Nobel Peace Prize, a record, officials said Monday. The Nobel panel doesn't name nominees, but those who make nominations can. Nominees include Malala Yousafzai, 15, an activist who was shot by the Taliban, and Bradley Manning, the U.S. Army private who sent classified documents to WikiLeaks. (AP)

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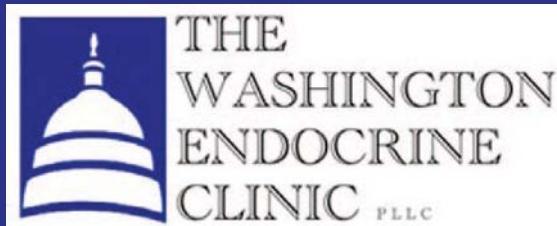
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## Not-So-Smooth Operator

**Q** Is there any estimate of when the Metro will return to automatic train service? I've had some really bad operators lately who have no ability to stop the train smoothly.

I had one challenged train operator last week.

It was just about the same experience at each station.

No, there has not been an announcement from Metro management — not so much as a prediction or rough guess — about when the trains might return to automated control, which was suspended after the June 2009 Red Line crash.

**Dr. Gridlock** offers commuter counseling online at [washingtonpost.com](http://washingtonpost.com).

**Q** Does Metro have a policy governing charity solicitors in Metro stations? In recent weeks, a team has been staking out the large, circular space at the north end of the Friendship Heights station, and they're pretty aggressive about making their sales pitch.

Tell the station manager or call Metro police at 202-962-2121. I've encountered some pretty aggressive pitches at station entrances and aboard trains, and also a few friendlier pitches for fare money "to get home." Metro can't catch up with all that, but managers and police should be able to help.

**Q** Has anyone walked from D.C. into Virginia over the Chain Bridge and onto North Glebe Road? A Dec. 20, 2012, State of NoVa blog post by Donna Peterson featured two commuters who bike every day along that route. Is it feasible or safe for pedestrians?

I don't recall ever seeing a pedestrian walking along Glebe Road in that area. I'd be very reluctant to do that, for safety reasons.

**Q** Why has Metro stopped posting bus schedules? I needed to take the H2 or H4 bus from Tenleytown, and there was a small amount of information at the stop, but not

the timetable. There's plenty of space for the full schedule, and it has been there in the past. As usual, my complaint about this to Metro got no response (just the automated "We have received your email.")

I'm not aware of any Metro policy that would result in removal of timetables from bus stops. It was a good idea to contact Metro's customer service.

Most often, you'll receive an email that acknowledges your message was received, followed later by a message from a staffer in a position to respond to the problem.

People who use the system don't always feel satisfied with the response to their concern, but that's a separate issue from not getting a response at all.



### PHOTOS

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## In Brief

ANNAPOLIS, MD.

**Obama to Speak at Naval Academy Graduation**

President Barack Obama is scheduled to speak at the U.S. Naval Academy's graduation in May. Vice Adm. Michael Miller, the superintendent, told the academy's Board of Visitors on Monday the president had committed to speak at the May 24 commissioning ceremony. (AP)

WASHINGTON

**Taxi Regulator Accuses Uber of Illegal Tip Charge**

The D.C. Taxicab Commission says it's illegal for the popular taxi and sedan service Uber to charge an automatic 20 percent tip on rides booked through its app or website. The Washington Examiner reports that D.C. taxi regulator Ron Linton told taxi drivers in February that he asked Uber to stop charging automatic tips. Linton wrote in an email Friday that he had been assured by Uber's attorney that it would comply with the city's taxi regulations. Uber says it does not believe the automatic tip is illegal. (AP)

LAUREL, MD.

**Police to Deploy Small Cameras As Officer Gear**

Police in Laurel will soon start wearing small video cameras to record interactions with citizens and help resolve disputes over the facts. WJZ-TV reports the cameras will be worn on an officer's sunglasses or other headgear. The Laurel police department plans to deploy 10 cameras. Officers will be required to notify citizens when they are being recorded. (AP)

**80,635**

The number of District of Columbia residents who don't speak English at home, according to Census data released Monday on linguistic diversity in the city. (AP)

# Blooms to Peak in Late March

## Cherry Blossom Festival to run from March 20 to April 14

### Washington

Washington's famed cherry blossoms will probably hit peak bloom between March 26 and March 30 this year, signaling the unofficial start of spring.

National Park Service officials announced the peak bloom dates Monday at a news conference to preview the annual National Cherry Blossom Festival, commemorating the anniversary of Japan's gift of 3,000 trees to Washington in 1912. This year's festival runs March 20 to April 14.

The peak bloom date is the day on which 70 percent of blossoms are open. The average peak bloom



The peak bloom date is the day on which 70 percent of blossoms are open.

date is April 4, and last year's peak date was March 20. The first cherry blossom festival was held in 1927.

At a festival press conference Monday, Mayor Vincent Gray said the festival is an integral part of spring. "D.C. is a springtime destination for not only the city, but for the nation and the world," Gray said. "The Cherry Blossom Festival is a central piece of that." ALEX KANE RUDANSKY (THE WASHINGTON POST)



Development on Jefferson Davis Highway in Alexandria has spurred the bus project.

## Bus-Only Lanes Coming To NoVa in '14, Metro Says

### Arlington

A five-mile stretch in Arlington and Alexandria could soon be a bus rider's dream come true, ending long waits at the bus stop, holdups at the door to pay the fare and time spent in traffic.

Next year, Metro officials plan to launch a pioneering new bus service connecting the Braddock Road and Crystal City Metrorail stations: Buses would travel much of the route traffic-free in what is to become the region's first bus-only lanes.

The service is expected to boost public transit along the Route 1 corridor.

Bus-only lanes could help improve efficiency, carry more people places faster and drive bus rid-

ership up, which in the long run could reduce the number of cars and cut congestion, officials say.

Buses would run frequently and riders would pay before they board at vending machines that issue time-stamped tickets.

The Crystal City Potomac Yard Transitway, under construction and scheduled to debut in Spring 2014, would be a test of the type of so-called bus rapid transit that several jurisdictions in the area envision as a way to speed up public transit without the huge costs of building rail lines.

"It is an enormous pilot program for the region," said Arlington County Supervisor Mary Hynes. "The region is going to learn as we are learning." LUZ LAZO (THE WASHINGTON POST)

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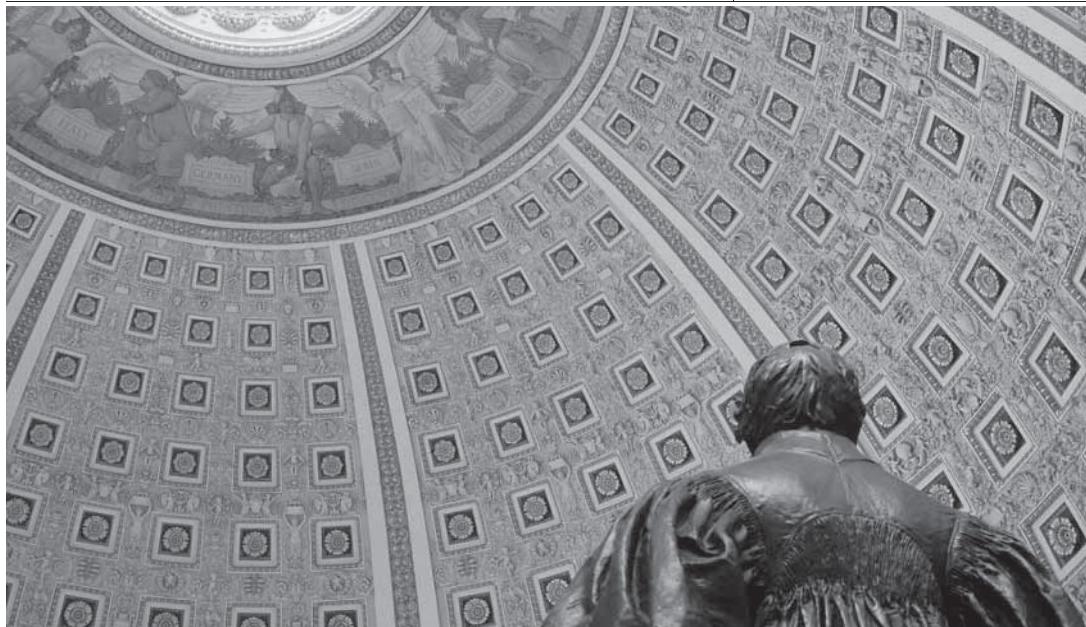
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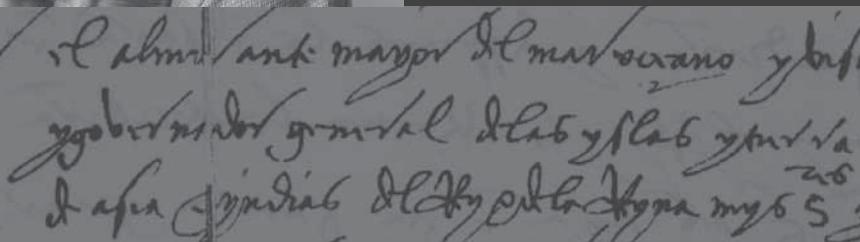


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## Local

# 'Snowquester' Expected To Bring at Least 5 Inches

### Washington

The National Weather Service has issued a winter storm watch for a large part of the Washington-metro region from Tuesday evening to Wednesday evening. Such a watch is issued when there is the potential for at least 5 inches of snow within 36 to 48 hours.

The Washington Post's Capital Weather Gang has dubbed the storm the "Snowquester."

Snow, which could be heavy at times, is likely Wednesday. Expect rain or snow mainly east of I-95. If the storm tracks too far south, lighter precipitation would be expected, and more rain may mix with the snow, even west of I-95. Highs should range from 32 to 36 degrees in the western suburbs and the city.

The precipitation is expected to taper off Wednesday night with lows reaching 30 to 34 degrees.

March snow in Washington tends to be hit or miss, and the area averages 1.3 inches per year during the month.

More than 60 percent of the 125 full seasons on the snow



A man walks in D.C.'s Lafayette Park during a March snowstorm in 2009.

### A Real Chance?

The snowfall odds, according to the Capital Weather Gang:

- **2 inches or more:** 70-80 percent.
- **5 inches or more:** 45-60 percent.
- **10 inches or more:** 10-30 percent.

record have featured accumulating snow in March or later. Thirty percent of those seasons have brought 4 inches or more in March and April. JASON SAMENOW AND IAN LIVINGSTON (THE WASHINGTON POST)

### The Lotteries

#### Monday, March 4

##### District

Mid-day Lucky Numbers .....	0-7-5
Evening Lucky Numbers (Sun.).....	3-8-6
Mid-day DC 4 .....	8-4-2-2
Evening DC 4 (Sun.).....	5-3-0-4
Mid-day D.C. Five .....	7-2-5-9-5
Evening D.C. Five (Sun.).....	6-2-3-6-9

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

##### Maryland

Mid-day Pick 3 .....	0-9-2
Evening Pick 3 (Sun.).....	0-1-7
Mid-day Pick 4 .....	2-7-6-4
Evening Pick 4 (Sun.).....	2-0-3-3
Match 5 (Sun.) .....	6-9-17-33-36 (20)

##### Virginia

Mid-day Pick 3 .....	8-3-8
Evening Pick 3 (Sun.).....	0-5-1
Mid-day Pick 4 .....	2-1-7-4
Evening Pick 4 (Sun.).....	9-7-8-9
Mid-day Cash 5 .....	21-22-23-27-30
Evening Cash 5 (Sun.).....	2-7-24-31-33

### Correction

On Friday, we reversed the photos meant to show the result of work on Union Station's Columbus Plaza. (The gloomier landscape in the after shot sort of looks like a before, now doesn't it?) The photos in their correct order:

2008



2013



XX609 3X.5

# Cover Story

# A Frenzy Unfurls

Fans of D.C.'s flag proudly adopt it in apparel, logos and tattoos

## Washington

On a windy Thursday night, a Chevy minivan covered with giant images of young people wearing D.C. flag T-shirts rolled slowly down 11th Street in Columbia Heights. It was almost as if the van was a Good Humor truck — people talked excitedly and pointed and a few spilled onto the street from a bar, curious about buying the shirts.

Turns out the driver was just in the neighborhood to eat dinner. (And show one of the T-shirt models on his van — a bartender at the Meridian Pint — his likeness.) "But, maybe, I should sell them out here," joked Derek Kennedy, who hawks the shirts online and every Sunday at Eastern Market.

**"There is just such an affinity toward the D.C. flag and expressing your pride in D.C. among 20-somethings. The D.C. flag is just everywhere: farmer's markets, craft shows, logos."**

— CAITLIN CARROLL, 27, WHO RECENTLY WROTE A TWO-PART SERIES ON THE RISE OF THE D.C. FLAG FOR HER CURIOUS DISTRICT BLOG.

"I feel like anything with the D.C. flag these days is a total gold mine."

The flag — three red stars above two red bars — already a symbol of protest for the D.C. statehood movement, has been adopted as an all-purpose symbol of identity and pride by young District residents and business owners.

Its clean white-and-red design appears in logos for new businesses, including Yoga District and District Tea Lodge to the Three Stars Brewery and Sticky Fingers bakery, which swaps two rolling pins for the two bars.

It has also inspired a local cottage



Graphic artist Kendra Kuliga touches up a mural on the wall at the Three Stars Brewing Co. in Washington, which incorporates the District's flag into its sugar skull logo.



## 1938

D.C. didn't even have a flag until 1938. The movement to create one began when troops were returning from WWI and noticed that other returning troops had state flags, according to historian Nelson Rimensnyder, 70. There was a contest and a design was chosen based on George Washington's family's crest, he said.



## 1980s

In the 1980s and early 1990s, the D.C. flag tattoo became a symbol for the city's "straight edge" punk scene with such District-based bands as Minor Threat, Fugazi and record companies using the flag.



## 2004

Flag experts in North America (called vexillologists) came together to vote on their favorite city flags. D.C.'s was voted No. 1. (TWP)

industry. Items bearing its image range from kitchen tools and wedding-cake toppers to necklaces and oil paintings.

"There was a time when nobody or business would have used the D.C. flag," said Rep. Eleanor Holmes Norton, D-D.C., who is known to wear a tattoo of the flag — albeit a temporary one — on her wrist.

But is using the flag to hawk cupcakes or beer selling out this longtime symbol of D.C. statehood? "Just the opposite," she said. "I think it's a great thing."

Just last year, Norton got a bill passed requiring the armed services to display the D.C. and territorial flags whenever the flags of the 50 states are displayed. Returning veterans from Afghanistan and Iraq had complained that the District wasn't represented during national homecoming celebrations and military graduation ceremonies.

Dave Coleman, 36, moved here from Cleveland in 2002. He was so committed to the District that he had the D.C. flag inked on his right arm and named his new business, the Three Stars Brewing Co., after the flag.

"I met my wife here, I bought a home in Columbia Heights, my career hit its stride here," he said. "It's become such a symbol of pride for people who put down roots here and think that Washington — official Washington — is that place over on the hill. But D.C. is our neighborhoods, our own culture, totally separate from that."

EMILY WAX (THE WASHINGTON POST)

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# Sports



Nicklas Backstrom and the Capitals defeated the Bruins 2-1 in overtime of Game 7 of the Eastern Conference quarterfinals last season.

## Caps Expect Playoff Atmosphere

Washington facing Bruins for first time since its Game 7 win

### Capitals

It has been nearly a year since the Capitals and Bruins last met in Game 7 of the Eastern Conference quarterfinals, but heading into their first matchup of the season Tuesday at Verizon Center, the Caps expect things to pick up right where they left off in April.

"You play that many games against the same team, you're bound to not like them," right wing Troy Brouwer said Monday. "We got some pretty good battles and some pretty good grudges against certain players. There might be a



little animosity [Tuesday] night."

Last spring's playoff series was one for the ages. All seven games were decided by one goal, which set an NHL postseason record, and the Capitals bounced the Bruins in overtime in Game 7. Such tight games bred a palpable animosity between the two teams, especially since each employed its own brand of hard-nosed hockey.

"Those were our best games," defenseman Karl Alzner said. "We played perfectly pretty much. We did all the right things. We were sacrificing. Guys were hurting after the game. That's when you know you've



### Meanwhile...

**Defenseman Mike Green** missed his second consecutive practice Monday. Last week, he aggravated a groin injury and missed Saturday's game. Green will likely miss his fifth game of the season Tuesday vs. the Bruins. Coach Adam Oates said Green did not suffer a "setback." "We're just waiting for that moment where it's like, 'OK, go again,'" Oates said. "And we don't want it until he's closer to 100 percent." A.V.

done your job, when you're gassed and you've got ice bags all over you."

Much like last season's playoff series, Tuesday's game features a big, bad Boston team near the top of the NHL standings (14-3-2) and a Washington team (8-11-1) that is slowly but surely finding its bearings with a new system. The Capitals enter Tuesday as winners of

six of nine and could not be happier with the timing of their first meeting with the Bruins.

"We need to start winning some games against some teams that are in the playoffs, and we've got to try and catch them," Brouwer said. "We've been playing good hockey. There's no better time to play these guys." ADAM VINGAN (FOR EXPRESS)



**Hingis in the Hall:** Five-time Grand Slam singles champion Martina Hingis, left, leads the 2013 class for the International Tennis Hall of Fame. The other new members of the Hall announced Monday are Cliff Drysdale, Charlie Pasarell and Ion Tiriac. Australian player Thelma Coyne Long's election was announced earlier. Hingis won 15 major titles, including nine in women's doubles and one in mixed. (AP)

### In Brief



PATRICK SEMANSKY/AP  
Joe Flacco will be paid \$51 million over the first two years of his deal.

#### NFL

### Flacco Officially Signs Record \$120.6M Contract

Baltimore Ravens quarterback Joe Flacco signed a new contract Monday worth \$120.6 million over six years, making him the highest-paid player in NFL history. The Super Bowl MVP will receive a \$29 million signing bonus and \$52 million in guaranteed money. He will be paid \$51 million over the first two years of the deal. "It's not really about the money, it's about that respect," Flacco said minutes after signing. (AP)

#### WIZARDS

### Beal Listed as Day-to-Day

The Washington Wizards' team doctors say guard Bradley Beal has a sprained left ankle. The rookie was hurt in the fourth quarter of Sunday's 90-87 win over the Philadelphia 76ers. The Wizards say Beal is day-to-day. Their next game is Wednesday at Minnesota. (AP)

### TV Lineup

**NBA (9:30 P.M., TNT)** After Sunday's win, the Lakers are at .500 for the first time in more than two months, but L.A. has to play at Oklahoma City next.

**NHL (7:30 P.M., NBCSN)** The Flyers (11-11-1, 23 points) and Rangers (10-8-2, 22 points), who are currently Nos. 8 and 9 in the Eastern Conference, face off in New York.

#### COLLEGE HOOPS (9 P.M., ESPN)

No. 2 Indiana can clinch an outright Big Ten title with a win at home against No. 14 Ohio State.

# Sports

## Dunkers Not Named LeBron Worth Paying to See

**Magic Johnson said he would pay \$1 million** to finally get LeBron James to compete in the NBA's dunk contest. While the timing is odd (the next dunk contest is 11 months away), it's still fun to imagine the world's best player in the event. One key that made Michael Jordan's dunk contest so memorable was who he beat — Dominique Wilkins. So who would make good competitors for James?

JEFFREY TOMIK (EXPRESS)



1

### Blake Griffin

The 2011 dunk contest winner leads the NBA with 154 dunks this season — 21 more than anyone else in the league. Since jumping over a car to win the event, Griffin has been sponsored by Kia, so doing the dunk contest for a second time could be profitable for Griffin, too.



2

### Kobe Bryant

Yes, he's 34 years old and not as athletic as he was when he won the event in 1997, but Bryant's competitiveness would take this event to a new level. Any doubters in his ability can just watch Sunday's dunk vs. the Hawks for reassurance that he's still got it.



3

### Nate Robinson

The only three-time winner hasn't competed since 2010. Because he's 5 feet 9, Robinson's dunks just look more impressive. Spud Webb (5 feet 7) was the first small guy to win the dunk contest, but Robinson has shown the creativity and ability to win it multiple times.



4

### R. Westbrook

The Thunder All-Star is the league's most athletic guard, but he's never competed in the dunk contest. Despite playing point guard, Russell Westbrook is an emphatic and powerful dunker who has been on the finishing side of his share of alley-oops.

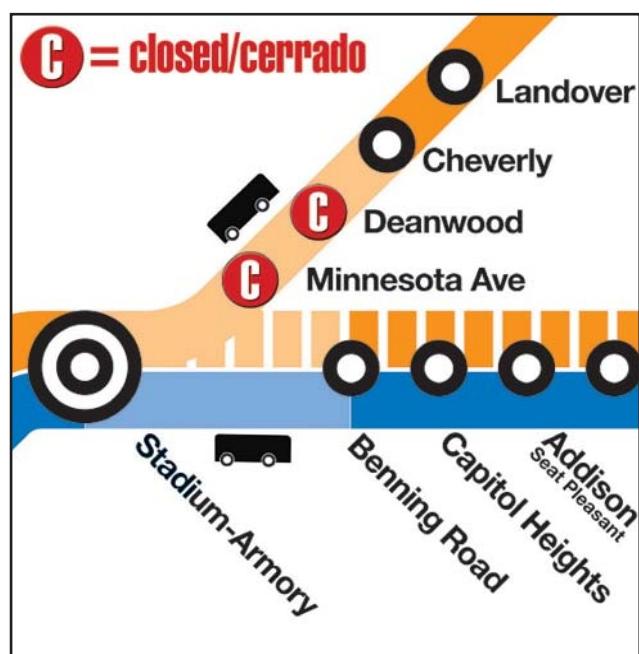


5

### Andre Iguodala

The swingman showcased what he could do in the 2006 dunk contest. In one attempt, Allen Iverson threw the ball off the back of the backboard, and Iguodala jumped from behind the baseline (ducking his head) and dunked it in for a perfect 50. Too bad Robinson went on to win.

## TRACK WORK THIS WEEKEND



From Friday, March 8 at 10 p.m. to Sunday, March 10 at closing: Buses replace trains on the Orange Line between Stadium-Armory and Cheverly and on the Blue Line between Stadium-Armory and Benning Road while Metro rehabilitates platforms. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



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Gonzaga (29-2) is the 57th different school to be ranked No. 1 since the AP men's basketball poll began in January 1949.

# Gonzaga Moves to No. 1

Georgetown climbs to No. 5 in AP poll after 11 straight wins

## College Hoops

The to-do list for the Gonzaga basketball team got shorter Monday: For the first time, the Zags were ranked No. 1 in the Associated Press Top 25 poll.

Now the Bulldogs will try to avoid the potholes that have stopped every other No. 1 this season.

"We don't believe there is any jinx," assistant coach Tommy Lloyd said, subbing for coach Mark Few, who was said to be fly fishing and unavailable for comment. "Obviously, it's a dream for us, the ultimate accomplishment."

Staying No. 1 has been tough this season, with Gonzaga the fifth school to hold the spot after replacing Indiana this week. The others were Duke, Louisville and Michigan.

Gonzaga, a small Jesuit school in Spokane, Wash., is where crooner Bing Crosby went and where John

## This Week's Top 25

The Associated Press' college basketball poll, with first-place votes in parentheses and last week's rankings:

SCHOOL	RECORD	LW
1. Gonzaga (51)	29-2	2
2. Indiana (7)	25-4	1
3. Duke (5)	25-4	3
4. Kansas	25-4	6
<b>5. Georgetown (2)</b>	<b>23-4</b>	<b>7</b>
6. Miami	23-5	5
7. Michigan	24-5	4
8. Louisville	24-5	10
9. Kansas St.	24-5	13
10. Michigan St.	22-7	9
11. Florida	23-5	8
12. New Mexico	25-4	14
13. Oklahoma St.	22-6	15
14. Ohio St.	21-7	16
15. Marquette	21-7	22
16. Saint Louis	23-5	18
17. Syracuse	22-7	12
18. Arizona	23-6	11
19. Oregon	23-6	24
20. Pittsburgh	23-7	23
21. VCU	23-6	—
22. Wisconsin	20-9	17
23. UCLA	22-7	—
24. Notre Dame	22-7	21
25. Memphis	25-4	19

Stockton threaded pinpoint passes. It has the best record in Division I at 29-2 following last week's wins against BYU and Portland. The Hoosiers, beaten by Minnesota last week, dropped to No. 2.

The Zags are the 57th different school to be ranked No. 1 since the AP poll began in January 1949. The school is considered a mid-major and reached No. 2 for the first time last week. Now it will play for the first time at No. 1 on Saturday night in the West Coast Conference semifinals.

Gonzaga received 51 first-place votes from the 65-member national media panel, 44 more than Indiana. Duke, winners over Miami after a loss to Virginia, remained third with five first-place votes.

Kansas and Georgetown both jumped two spots to fourth and fifth. The Hoyas, who have won 11 straight games, received the other two first-place votes.

Georgetown has two regular-season games remaining — Wednesday at Villanova and Saturday vs. Syracuse — before the Big East tournament. NICHOLAS K. GERANIOS (AP)

## NRA Sponsoring NASCAR Race

### NASCAR

The National Rifle Association is taking its relationship with racing to a new level as the title sponsor of a NASCAR Sprint Cup Series race.

The deal with Texas Motor Speedway comes at a time when the NRA is involved in a renewed debate on gun violence in the wake of the December shooting at Sandy Hook Elementary School in Newtown, Conn.

"It's not about politics. It's about sports marketing," the speedway's

president, Eddie Gossage, said Monday after the announcement of the one-year agreement with the NRA that includes a renewal option.

The April 13 race at Texas, the first scheduled night race in the Cup Series this season, will be known as the NRA 500.

This is not the NRA's first title sponsorship in NASCAR. The group sponsored the second-tier Nationwide race last September at Atlanta, which like Texas is owned by Speedway Motorsports Inc. (AP)

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To find out more, please contact:

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## ARCHER

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# fit



## Guinea Pig | Block Work

Bodies have curves, not angles. So Manduka's recycled-foam unBLOK (available in black or green for \$24, [Manduka.com](http://Manduka.com)), which is sloped on two sides, provides a more comfortable boost than traditional styles of the yoga prop. Our tester enjoyed lying with her back on top of it for a chest opener, and resting a palm over it without stressing her wrist. If you want to live on the edge, though, you can always rotate the unBLOK to its flat side.

JASON HORNICK/FOR EXPRESS



At CrossFit DC, which recently moved to its own space, exercisers are never totally alone. Founder Tom Brose, right (wearing hat), and his team of coaches are always adjusting and offering tips to their clients.

## Time to Make the Move

CrossFit DC expands to its own space to give students more chances to exercise

CrossFit, the epically popular strength and conditioning program, is obsessed with numbers. How much can you deadlift? How many pull-ups can you do? How quickly can you get through that workout of the day?

So it's a pretty big deal that when it comes to CrossFit in the Washington area, CrossFit D.C. is No. 1. Back in 2005, CFDC founder Tom Brose headed to California to get certified and then launched the first local affiliate, or box, inside Balance Gym Kalorama.

"It's crazy to see how it's grown," says Brose, who's watched more than 50 boxes pop up in the region and thousands get started around the globe. Same goes for

CFDC, which gradually got too big to share space.

That's why this month, CFDC celebrated its grand opening at 1722 14th St. NW (one of at least six boxes along that street). The former hot-dog-cart storage facility has enough room to hold two classes simultaneously, which allows for a considerable expansion in the number of classes offered.

CFDC used to meet just three times a week. Now, there are 32 classes scheduled, and that still leaves time for personal training and other events — including the D.C. Weightlifting Club's workouts.

"I'm pretty sure they set that [schedule] up just for me," jokes

### Details

New to CrossFit D.C. (1722 14th St. NW; 202-450-6432, [Crossfitdc.com](http://Crossfitdc.com))? Sign up for a free intro, and then enroll in Elements (\$200), a six-session small group course that prepares students for the box's regular classes (\$190-\$245 per month). V.H.

Doron Petersan, owner of Sticky Fingers bakery, who's worked out with Brose for years. "I'm really limited in when I can get away."

Despite the location upgrade and the schedule changes, Brose plans to keep CFDC's focus where it's always been: on "coaching and

community." It's that dual emphasis that Women's Health magazine cited in its March issue as the reason for awarding CFDC one of its first-ever Fitness Awards for top national "hot spots." (The other D.C. business to score a prize was Down Dog Yoga.)

The hands-on approach is especially important to Brose as a way to fight the negative perceptions about CrossFit that have built up over the years.

"One of the knocks against CrossFit is that it's a cookie-cutter program. We emphasize individualizing the workout," he says.

The CrossFit Games on ESPN showcase butterfly pull-ups and

weighted sled pushing, but there's more to CrossFit. Brose and his team of coaches look at each student individually and determine a realistic way to structure a challenge.

One of their clients, for instance, is in her third trimester. There are ways to scale the movements in class even for her, says Brose, who credits co-owner Chris Sheppard with developing the "prenatal burpee," which involves doing a squat, a pushup on a box and a step up.

The goal is always form first, so anyone who's paying attention can succeed.

"I'm the oldest guy in the box," says Tom Arend, 49, who knows he can't do everything as fast or as heavy as the younger guys. "But I can hold my own."

And CFDC, as the oldest box around, can say the same thing.

VICKY HALLETT (EXPRESS)

**Pretty Suite:** CrossFit boxes usually open in converted warehouses or garages, not luxury hotels. So what is CrossFit Foggy Bottom (2401 M St. NW; [Crossfitfoggybottom.com](http://Crossfitfoggybottom.com)), which opened March 1, doing in the Fairmont? Balance Gym is taking over the hotel's spacious fitness center, and while general membership won't be signing up until after an extensive renovation, the no-frills CrossFit crowd was invited in right away. Fairmont has a partnership with Reebok, which also has a partnership with CrossFit, so the collaboration makes business sense — and may lure hotel guests who are committed to CrossFit at home. Members (\$195 a month) will eventually have access to the entire facility, including a pool. V.H.



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# baggagecheck



## Feeling Stranded On Kitchen Island

**Q**

We recently redid our kitchen, spending more than expected with a contractor whose work was not perfect. Overall, I'm happy. But my husband keeps bringing up all of the imperfections and constantly blames me passive-aggressively. He wants to hold off on doing anything else with the house indefinitely even though we have the money. How can I get him to see that nothing is perfect and people always spend more than intended and it's not my fault? FRUSTRATED

Any kitchen renovation that doesn't end with a visit to "The People's Court" or a garbage disposal that leads to your bathroom shower should be considered a raging success. But are there significant imperfections that the contractors can (and should) still fix? Or is this a larger personality issue where he tends to second-guess and ruminate?

Tell him how you feel, but propose a compromise: You'll stop pushing for more work to be done right away (Seriously? After a full kitchen reno?) if he will make an effort to be less critical. It's not about the angle of the cabinet door; it's about being respectful to each other.



@ Send your questions to Dr. Andrea Bonior at [baggage@readexpress.com](mailto:baggage@readexpress.com). Andrea is a local clinical psychologist and author of the book "The Friendship Fix" ([Friendshipfix.com](http://Friendshipfix.com)).

**By Dr. Andrea Bonior**

### Event Horizon

#### Green Miles

Our weather has gotten so kooky that it's not clear that actual seasons exist anymore. But if they did, this Sunday's St. Patrick's Day 8K (\$35) would be the kickoff for spring racing season. Take off on the flat course from near Freedom Plaza at 9 a.m. after the kids have completed the Lil Leprechaun Leap (\$10)—a half-mile run with an 8:30 a.m. start time. Register and find more information at [Pacersevents.com/race/st-patricks-day-8k](http://Pacersevents.com/race/st-patricks-day-8k).

# Heels Off, But Clothes On

Balance Pole Method teaches climbs and spins in a way that's athletic, not erotic

Everything is a negotiation in Washington, even the creation of a pole fitness program at Balance Gym. Instructor Amanda Schmidt insisted that the classes be included in the monthly fee so members wouldn't have to pay more to give pole a spin. Management's demand: "Make it no more sexy than Zumba." The talks resulted in a stiletto-free zone called Balance Pole Method (aka BPM) that started up in January.

**What It Is:** Pole is all about learning how to twirl and hang upside down. Schmidt teaches that while focusing on a tougher trick: getting students hooked on fitness.

"Pole dancing is a great workout, but it shouldn't be your only workout," says Schmidt, who's also a personal trainer. Most of her female clients balk at heavy weights. But when she gets them on the pole and they realize they need to build strength to do the coolest stuff, they're willing to pick up bigger dumbbells.



TEDDY WOLFF/FOR EXPRESS

Amanda Schmidt, front, shows students how to pole sit: First pull yourself up, then squeeze your legs together to stay there.

By adding more conditioning and dialing down the attitude to just flirty, Schmidt hopes BPM can take that lesson to a broader audience.

**Moves:** Performing the warm-up around the pole means there's

a helpful prop for moves such as "snake," a standing spine stretch.

The pole becomes even more important when it's time for spins. While beginners may struggle with the correct grip and body position, more-advanced students can try per-

fecting their form (something that's especially tricky on their non-dominant side). After a strength-building break — such as plank or grabbing one side of the pole with both hands and hoisting your knees up — class ends with a choreographed routine.

**Workout:** "It's the bomb," says Megan Gallagher, 24, who's been surprised at how much BPM works her upper body.

No matter how in shape you think you are, pole taps into muscles you haven't used before, Schmidt says. All of that grabbing, gripping and pulling demands a lot from your arms, shoulders and upper back.

## Lunch Ladies

Pole sounds like something to do on a girl's night out, but Annie Leslie, 24, likes that BPM is also offered at lunchtime. The combo of cardio, strength and silliness is a great midday mood booster: "Like the way yoga zens you out, this makes me happy." V.H.

Squeezing the pole between your thighs keeps your legs working. And holding certain positions requires tensing absolutely everything.

**Garb:** It's even tougher if you're in pants instead of shorts, but students are welcome to wear whatever they want. "When you get to advanced tricks, you need to have skin contact or you won't stick to the pole," Schmidt says, but it's a matter of preference. VICKY HALLETT (EXPRESS)

• BPM is free to members of Balance Gym (1111 14th St. NW; [Balancegym.com](http://Balancegym.com)) or \$20 for a drop-in class.

# Sisterhood of Exercise Pants

New boutique Core72 offers women more athletic wear choices

Ferrall Dietrich has never been much of a shopper. She and her family have always preferred spending time in the great outdoors — hiking, camping, biking. But when she moved back to the area after living in Colorado, Dietrich couldn't find the fitness apparel brands she'd been wearing out west.

That's why her newest adventure in Washington is Core72 (5502 Connecticut Ave. NW; 202-686-4258, [Core72dc.com](http://Core72dc.com)), a Chevy Chase boutique dedicated to functional and fashionable active wear for women.

"Core evokes power and strength," says Dietrich, who tacked on the 72 as a reference to the year Title IX was established.

The store, which opened Saturday, is highlighting women-owned brands, such as Oiselle (whose \$56



MARGIE ELVY/EXPRESS

Core72 owner Ferrall Dietrich shows off the store in a patterned YMX hoodie (\$178).

Bum Wrap running skirt is an early best-seller) and Nuu-Muu (which makes \$70 exercise dresses in colorful patterns). But there's no one label that dominates — which fits

in with Dietrich's goal of pumping diversity into the area's wardrobes.

"Get something stylish to add to that Lululemon outfit," she says. "It's always fun to put on something

edgier than not everybody has."

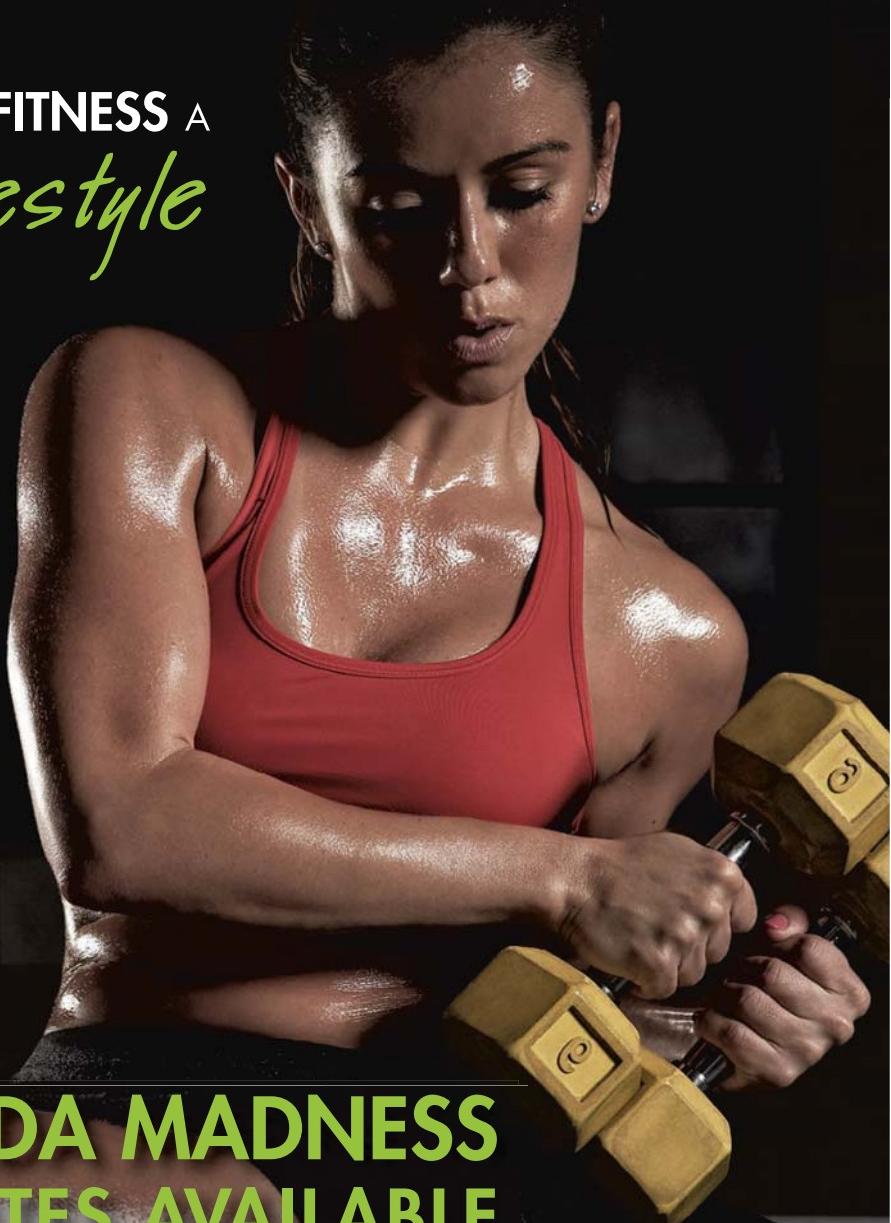
For now, Core72 is carrying gear for running, yoga, Pilates and tennis, as well as clothes for travel. Swimwear and other seasonal items will rotate in throughout the year, and men's clothes may be coming.

Beyond what's for sale, Dietrich hopes the store can offer the community opportunities to hear speakers and participate in events such as trail runs. And anyone's welcome to grab a drink at the hydration bar: A cooler is set up to let folks sample Skratch (\$1.50), a hydration mix popular with cyclists.

With wooden racks, flowers and the scent of candles, Core72 has a rustic vibe. "I wanted it to be a place I could hang out," Dietrich says. Even if it's inside. V.H.



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## fit nutrition

# Some Foods For Thoughts

Go grocery shopping for your brain with Dr. Neal Barnard

We love our hearts. But what are our brains — chopped liver? Neal Barnard, an adjunct associate professor of medicine at the George Washington University School of Medicine and Health Sciences,



Barnard

says how we eat can improve not just the function of our tickers, but also the longevity of our noggins. In his new book, "Power Foods for the Brain" (\$27), and his PBS special, "Protect Your Memory" (debuting on WETA Saturday at 7:30 a.m.), he outlines his nutrition plan to stave off Alzheimer's and dementia. Barnard took us shopping at Dean & DeLuca in Georgetown to point out some smart choices. And, no, chopped liver wasn't one of them.



**Walnuts:** Vitamin E can be a brain booster, Barnard says, noting a Dutch study that showed that people with the most vitamin E in their diets cut their risk of Alzheimer's by 25 percent. The best sources are nuts and seeds. Barnard generally opts for walnuts, which he enjoys shaved over a salad. (That also helps him limit his intake so he doesn't overdo it with calories.)

**Blueberries:** "None of these have any cholesterol," he says, waving at the produce display. And that's important for the brain because clogged-up arteries trans-

late into reduced mental function. But he's particularly fond of this antioxidant-rich fruit that's been shown (in a small study) to help people with memory problems.



**Broccoli:** Folate sounds like foli-  
age, which is what it is, Barnard says. And in combination with vitamins B6 and B12 (which he recommends taking supplements of), it can eliminate homocysteine — a destructive molecule that messes with the heart and brain.



**Sweet Potatoes:** Wondering how to get your B6? Throw some of these root veggies into your basket. (Bananas are another good source.) Barnard says they're a staple in the diet in Okinawa, a place where people have been found to have exceptional brain function in old age.



**Wine:** Too much vino can mess with memory, obviously. But a glass or two a night has been shown to cut Alzheimer's risk significantly. In theory, red wine is the better choice, Barnard says, because the resveratrol it contains may be good for your heart. But when it comes to the brain, a glass of any alcohol appears to offer similar protection.

VICKY HALLETT (EXPRESS)

# lookout



## Resume Booster

Heidi Klum joins the judging panel of NBC's 'America's Got Talent' **35**

### Sound Bets



#### Gimme Indie Rock

**Wonders never cease:** I'm jamming to a Gordon Lightfoot tune.

It's a cover of the Canadian folkie's 1965 song "I'm Not Sayin'," by seminal '80s Minneapolis band the Replacements. It's also the first track from the Songs for Slim project, to benefit

 the Replacements' former guitarist, Slim Dunlap (far right in this early photo), who had a stroke last year. (The track is downloadable today at [SongsforSlim.com](http://SongsforSlim.com).)

I'm not that familiar with Lightfoot, but his lyrics would be at home on any Replacements record (I was surprised it was a cover), or any emo-fueled indie rock record from the past 25 years or so, for that matter: "I'm not sayin' that I love you/ ... I can't lay the promise down/ That I'll always be around when you need me."

The Replacements practically invented indie rock. OK, Big Star actually invented indie rock in the '70s, but back then it was just called "rock 'n' roll." The Replacements worshipped Big Star, and every indie band who came after worships them both. Dinosaur Jr., Guided by Voices, Pavement, Sebadoh, Smashing Pumpkins, Nirvana, The Magnetic Fields, Bright Eyes, Bon Iver: They all owe a debt to the Replacements — and to Slim Dunlap.

**@** Connect with Shauna on Twitter: @Shaunajmiller.



By Shauna Miller



Mingering Mike refuses to be photographed in any way that could reveal his true identity — even his shoes are off limits.

## A Dream Exposed

D.C.'s outsider artist, Mingering Mike, will have his works shown at the Smithsonian

### Museums

The artist arrives at the museum without an entourage. He greets the press and publicists with a low-pitched "hello" and moves toward the familiarity of his de facto manager. He wears his usual costume — distressed blue pants, a rumpled navy hoodie, the required uniform for the custodial work he does at an office building down the street.

"Don't get my shoes in it," he directs the photographer during a shoot. "They know them too much at work," he fears.

His face, his clothing — all identifiable things are off limits. He does not want real life to interrupt his fame fantasy, which has taken on a realism of its own. Indeed, Min-



The Smithsonian American Art Museum acquired about 150 pieces of Mingering Mike ephemera, including album covers, song lyrics and drawings, for a new exhibit.

gering Mike, the beloved Washington-based outsider artist, has always lived between two worlds: the rough streets of his neighborhood in Southeast D.C. and a fantasyland of his own making where he was once a soul music superstar. In 2015, Mingering Mike will see his private dream exposed, when many of his illustrated album covers and 45s will hang in the Smithsonian American Art Museum.

It's an uplifting story, teetering

on unbelievable, which is why it went viral long before the phrase existed in our lexicon.

As a poor kid growing up in the '60s and '70s, Mingering Mike dreamed of becoming a recording artist. In pursuit of that dream, he drew. In his late teens and 20s, he made album covers out of painted cardboard and discs with hand-drawn grooves that illustrated the story of a young man's fantasy. Mike recorded some original music and

lyrics in his parents' bathroom, but he never toured or performed on the stage he imagined for himself.

His works illustrate much about African-American culture in D.C. at the height of the civil rights movement. Those nuances were woven into the fantasy, and for that, he has a real fan club, which includes international record collectors, musicians such as David Byrne and the Smithsonian. But they're fans of his art, not necessarily his music.

**"I hope that Mike's real dream of pursuing music will start to come true. It's where all of this came from in the first place."**

— DORI HADAR, THE RECORD COLLECTOR WHO DISCOVERED MINGERING MIKE'S ART.

"It comes from a completely different place than mainstream art comes from and touches people in ways that loftier pieces can't," says Leslie Umberger, curator of folk and self-taught art at the Smithsonian American Art Museum.

The Smithsonian American Art Museum acquired about 150 pieces of ephemera, including Mike's LP albums, song lyrics, raw recordings and drawings. The Smithsonian will take the next two years to do a preservation analysis of the works and prepare them for its permanent collection.

Dori Hadar, the record collector who helped expose Mike's collection of art almost a decade ago, sees the exhibit as a way for Mike to finally spark his musical aspirations.

"I view [the Smithsonian acquisition] as the end of a chapter in this story and the beginning of a new one," Hadar says. "I hope that Mike's real dream of pursuing music will start to come true. It's where all of this came from in the first place."

KATHERINE BOYLE (THE WASHINGTON POST)

# lookout entertainment

**top stops**



GAYE GERARD/GETTY IMAGES

## 1 'Storyteller' Teller

Even if you don't own a Jodi Picoult novel (and odds are you do), you've certainly seen one in an airport or on a cruise ship or in the hands of a fellow Metro rider or on your mom's nightstand. Tonight, the popular author discusses and signs her latest book, "The Storyteller," about an old man with a terrible secret and the woman who befriends him.

**Sidwell Friends School, 3825 Wisconsin Ave. NW; Tue., 7 p.m., \$15; 202-364-1919, Politics-prose.com.**

## 2 You're Not as Hardcore as He Is

Fugazi's Ian MacKaye has changed a lot of lives with his music and his commitment to all-ages shows and to making D.C. punk records affordable and accessible all over the world. (He's also now been officially name-dropped on "Portlandia"!) He'll speak tonight about D.C.'s punk culture and legacy.

**Corcoran Gallery of Art, 500 17th St. NW; Tue., 7 p.m., sold out, but on-site waitlist opens at 6:30; 202-639-1700, Corcoran.org.**

(Farragut West)

## 3 Sibling Remembrance

In her play "My Brother Marvin," Zeola Gaye, left, relates what it was like to watch D.C.



native Marvin Gaye grow up and become a star. And as his sister, she's one of the people who knew the singer best.

The show returns to the stage after a five-year hiatus.

**Warner Theatre, 513 13th St. NW; Tue.-Sun., \$34.50-\$55.50; 202-783-4000, Warnertheatredc.com.**

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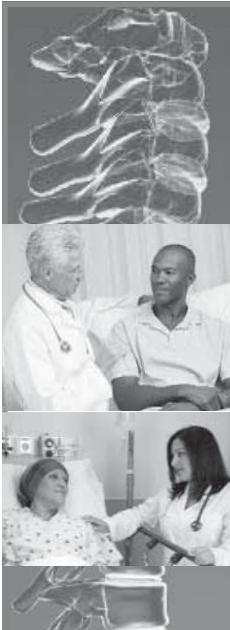
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The purpose of this research study is to investigate the safety and effectiveness of a new treatment for unmanageable pain in patients with advanced cancer.

### Description of study:

- In this study, the research drug will be injected directly into the fluid surrounding the spinal cord. This is the first trial in humans where this drug is injected into the spinal fluid.
- Studies in animals have shown pain relief after the spinal administration of this treatment.
- The study involves up to eight visits to the National Institutes of Health Clinical Center in Bethesda, Maryland. There will be one inpatient visit that will last two to three days; the rest will be outpatient visits lasting four to six hours. There will be a screening visit, a treatment visit and four follow-up visits, which occur beginning seven days after treatment. The participant will also be followed by telephone for approximately seven months after the treatment visit.

### You may qualify if:

- You have a diagnosis of advanced cancer.
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- The pain you are experiencing is at or below the level of your chest.

### You may not qualify if:

- Your pain is not caused by cancer.
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## entertainment lookout

# Nashville's Blossoming 'Rose'

Ashley Monroe isn't Dolly Parton, but she sure comes close

### Album Review

"You Ain't Dolly (And You Ain't Porter)," a track from Ashley Monroe's new album, "Like a Rose," finds her trading tongue-in-cheek lines with country star Blake Shelton on a witty duet soaked in Nash-

ville traditions.

Despite what the lyrics contend, Monroe shares many traits with Dolly Parton. She comes from a struggling family in East Tennessee. She sings in a fetching, tender-yet-strong warble. She writes story-songs steeped in real-life drama, yet with a sunny underpinning. And she has a natural, down-home charisma that shines through.

A member of Miranda Lambert's Pistol Annies, Monroe's big-name



Ashley Monroe is a member of Miranda Lambert's all-girl group Pistol Annies.



Ashley Monroe  
Like a Rose

supporters are many: Vince Gill co-produced the album and she's collaborated with Jason Aldean, Ricky Skaggs, Jack White and Train. No wonder "Like a Rose" has the audacious sound of a newcomer already in full bloom. MICHAEL MCCALL (AP)

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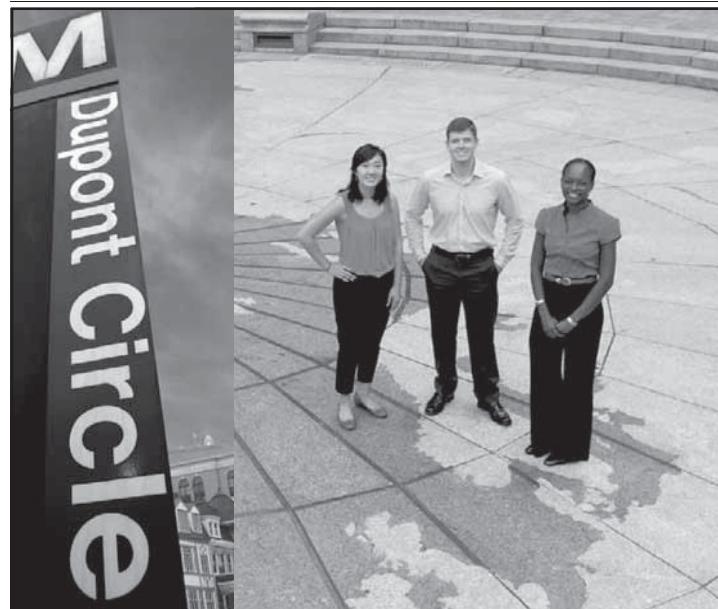
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# The Wrong Direction

A new 'CNBC Prime' block is full of shows you've seen before

### Premieres

CNBC  
9:00

CNBC is shaking up its schedule and changing its image. The launch of something called "CNBC Prime" includes "Treasure Detectives" and "The Car Chasers," and while they may be new to CNBC, you've already seen them a hundred times.

"Treasure Detectives" (9 p.m., right) offers a variation on the well-traveled buying-and-selling-stuff genre. Its slightly different hook is its focus on forgeries. Detective Curtis Dowling separates the wheat from the chaff, informing folks that the valuable collector's item they just purchased is actually fraudulent. Of course the Keno brothers on "Antiques Roadshow" have been doing that since before the turn of the century.

"The Car Chasers" (10 p.m.) becomes the umpteenth series to follow dealers who buy and sell classic and collectible cars. It also features the contrived sitcom antics of a couple working and living together and coping with a know-it-all dad. Although the show is set in Lub-

bock, Texas, few folks here sport any recognizable accent. But most of them speak loudly, as if unsure anybody is watching or listening.

If these generic reality offerings represent CNBC's new direction, the network needs a different navigator.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)



### BEST BETS

CW  
8:00



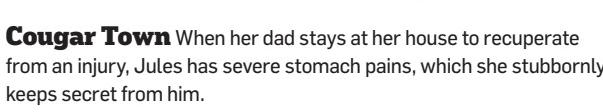
**Hart of Dixie** Zoe (Rachel Bilson, right) becomes overly protective of Rose and her boyfriend as a result of trying to keep her own feelings toward Wade in check. Lemon (Jaime King, left) tries to sabotage Brick and Shelby.

NBC  
10:00



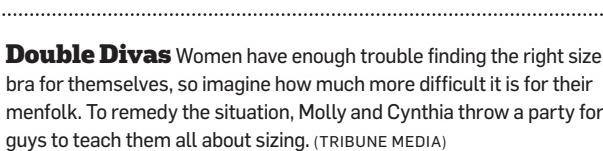
**Smash** Tom shares his suspicions about Peter with Julia (Debra Messing), and he's not alone: Karen also wonders if she can trust him. Jimmy and Kyle are on pins and needles as "Hit List" gets its first reading. Ivy meets her new co-star, Terry Falls (Sean Hayes, right).

TBS  
10:00



**Cougar Town** When her dad stays at her house to recuperate from an injury, Jules has severe stomach pains, which she stubbornly keeps secret from him.

LIFE  
10:30



**Double Divas** Women have enough trouble finding the right size bra for themselves, so imagine how much more difficult it is for their menfolk. To remedy the situation, Molly and Cynthia throw a party for guys to teach them all about sizing. (TRIBUNE MEDIA)

### Season Finales



### Box Score

The season finale of "White Collar" (10 p.m., USA) features a race to the Empire State Building. Neal (Matt Bomer, above) and Peter are one heist away from retrieving the evidence box they've been searching for, which is hidden inside the aforementioned skyscraper. This is assuming they can get to it before Sen. Pratt, who has enlisted a small army of FBI agents to find it first. (TM)

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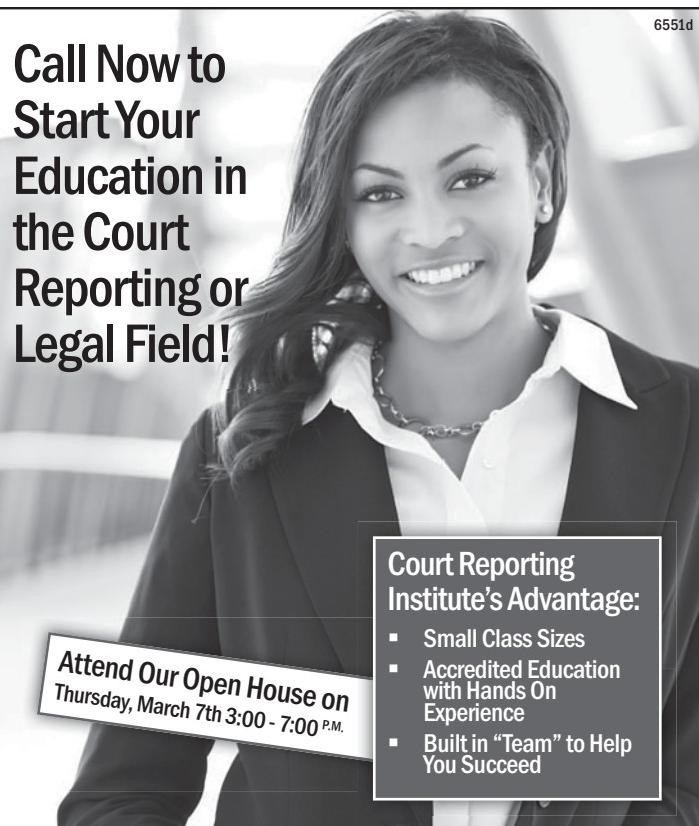
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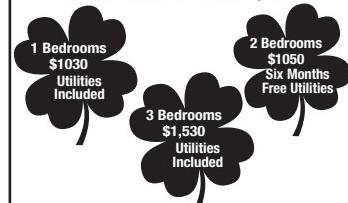
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<b>SUITLAND</b> <b>PARKWAY TERRACE</b> <b>1 BRs fr \$860</b> <b>2 BRs fr \$968</b> <b>\$30 Application Fee</b> <ul style="list-style-type: none"> <li>• Walk to Metro</li> <li>• W/W Carpet or Hardwood avail</li> <li>• Keyed entry ways</li> <li>• Parklike setting w/picnic tbs &amp; grill</li> </ul> <p><i>Maximum income limits apply</i>  <b>877-608-6548</b>  3415 Parkway Terr. Dr. Suitland, Md.  Mon-Fri. 9am-6pm. Sat. by app't. only</p>	<b>SOUTH POINTE APARTMENT HOMES</b> <b>FANTASTIC PRICING:</b> <p>1 Bedrooms from.....\$865*  2 Bedrooms from.....\$1,025*</p> <p>Bring in ad to waive fee on approved applications  All Utilities Included! Call Today:</p> <p><b>866.708.7251</b>  2603 Southern Ave. #B1  Temple Hills, MD 20748  (Walk to Southern Avenue Metro!)</p> <p><small>*Restrictions apply, prices subject to change daily.  Please ask a Leasing Consultant for more info.</small></p>	 <b>Call today to schedule a tour in our model apartment!</b>	<b>ARLINGTON DOMINION PLAZA</b> 1ST MONTH FREE • ON SELECTED APTS.  Reasonably priced, newly remodeled apartments overlooking scenic Army/Navy Country Club. Parquet hardwood floor or wall to wall as available. Fitness Center, Pool, Sundeck. Picnic & barbecue areas on grounds • Business Center <b>UTILITIES INCLUDED</b> Studio, 1 & 2 BRs start at <b>\$1145</b> 1200 S. Courthouse Rd, Arlington, VA 22204 703-822-5588 • <a href="http://dominionplazaapts.com">dominionplazaapts.com</a>	XX195 1x1
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# lookout online

## Blog Log



**"It's a show that defies continuity lapses, credibility gaps and clunky scripts to win enormous international ratings. Every season, several of the actors make their excuses and go off to do some real acting elsewhere. But the producers have a canary up their sleeve to save the next series."**

— NORMAN LEBRECHT AT ARTSJOURNAL.COM/SLIPPEDDISC reacts to a rumor that the PBS series "Downton Abbey" is bringing Dame Kiri Te Kanawa to the cast for Season 4 to play an opera singer.

**"D.C., please stop inventing names for neighborhoods. I'm looking at rentals and got no clue what the hell [you're] talking about. #gentrification"**

— @ARYKANOTERIKA keeps getting confused while trying to find a place to live in the city and blames it on the changing demographics of D.C.

**"There's something distasteful about firing a bunch of folks for having 30 seconds of fun — or just watching 30 seconds of fun being had — in a mine. ... Let's take a deep breath and have a sense of humor, shall we?"**

— IAN CHANT AT GEEKOSYSTEM.COM thought Western Australia's Agnew Gold Mine overreacted by firing a group of miners that made a "Harlem Shake" meme video on the job that went viral.

**"Oh my goodness. I just had my first taste of French vanilla ice cream w/ crumbled bacon on top. This is beyond dangerous."**

— @JNAMADAN made a dessert discovery recently that may change his life.

**"All 'Freeway' Ricky Ross has ever wanted was for his story to be told. Thanks to Nick Cannon, it looks like that will soon become a reality."**

— KAZEEM FAMUYIDE AT HIPHOPWIRED.COM relays news that Cannon has been signed to portray Ross, a former drug kingpin, in an upcoming biopic, according to a Facebook post from Ross.

## WARNING: Alcohol Ruins Lives

Have you tried to stop drinking, but can't? You may be eligible for research studies at NIAAA.

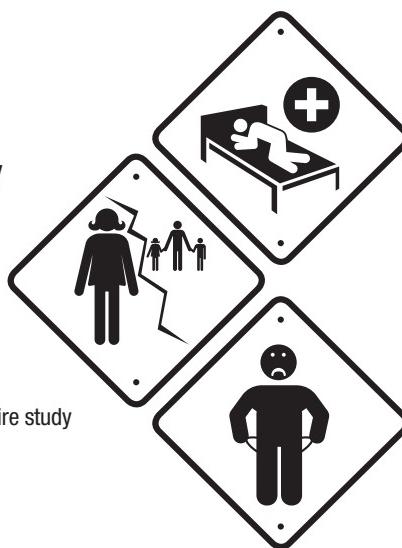
### You may be eligible if you:

- Are 21–65 years of age
- Use alcohol on a regular basis
- Are seeking treatment for alcohol problems

### Participants will:

- Stay at the NIH Clinical Center in Bethesda, Maryland, for the entire study
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and participate in study-related activities

There is no cost to participate. Participants will be compensated.



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**Hyatt Regency - Bethesda**  
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# puzzles lookout

## HOROSCOPE

**PISCES** (Feb. 19-March 20) You'll be in a position to help someone out with a project that is not, to date, going exactly as planned.

**ARIES** (March 21-April 19) It's not up to you to make the final choice, perhaps, but you may well be responsible for offering up those choices to one who is in charge.

**TAURUS** (April 20-May 20) A contest develops between you and someone who shares your outlook and ambition. What happens can be exciting for you and for onlookers.

**GEMINI** (May 21-June 20) You'll feel good about yourself when you take advantage of the opportunity to help out a rival in need. You won't be weakening your cause!

**CANCER** (June 21-July 22) Your value will be clearly understood once all is said and done today — but for a while it may not be clear to everyone involved.

**LEO** (July 23-Aug. 22) That which usually gives you the most strength may be in short supply today; be willing to do a little something extra to fortify yourself.

**VIRGO** (Aug. 23-Sept. 22) You may feel as though you're doing nothing new at all, but there's more to what is going on today than the "same old, same old"!

**LIBRA** (Sept. 23-Oct. 22) Success beckons today, but take care that you don't threaten your own progress by doing something that is purely reactive. Use your head!

**SCORPIO** (Oct. 23-Nov. 21) You have a way of doing things that will attract attention to yourself whether you like it or not — and that can come in handy.

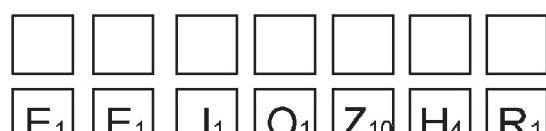
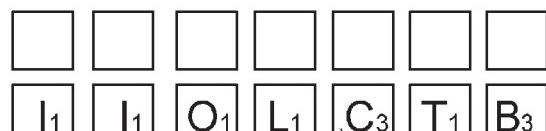
**SAGITTARIUS** (Nov. 22-Dec. 21) You'll have the chance to prove yourself in a new way today — but you mustn't let anyone forget the thing you've always been able to do!

**CAPRICORN** (Dec. 22-Jan. 19) It's not usually up to you to determine your final destination, but today you may find yourself calling all the shots.

**AQUARIUS** (Jan. 20-Feb. 18) You may fall victim to some false advertising of sorts today, but you'll have the chance to recoup any measurable losses.

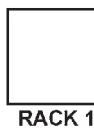
## Scrabble Grams

PAR SCORE 145-155, BEST SCORE 240



Triple Word Score

1st Letter Double



## Yesterday's Solution

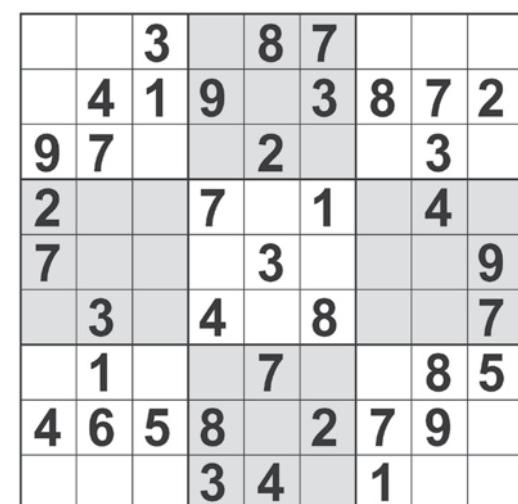
W4	O1	O1	D2	M3	E1	N1	RACK 1 = 76
B3	E1	H4	I1	N1	D2		RACK 2 = 12
U1	P3	F4	L1	U1	N1	G2	RACK 3 = 71
T1	O1	M3	F4	O1	O1	L1	RACK 4 = 62
							TOTAL 221
PAR SCORE 155-165							

## FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM



## Yesterday's Solution

8	5	6	7	2	3	9	4	1
7	3	1	6	4	9	2	5	8
9	4	2	8	5	1	6	3	7
3	6	8	9	1	7	5	2	4
5	2	7	4	8	6	1	9	3
4	1	9	2	3	5	8	7	6
6	8	5	3	7	2	4	1	9
1	7	4	5	9	8	3	6	2
2	9	3	1	6	4	7	8	5

**Need more Sudoku?**  
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

## Comics

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast



**48 | 33**

**Today:** A little rain today. Rain mixing with wet snow tonight.



**33 | 33**

**Tomorrow:** Snow tomorrow and tomorrow night, rain early; total 4-8 inches.

## Looking Ahead



**THU | FRI | SAT**

**42 | 32 | 45 | 32 | 50 | 32**

### Sun and Moon

Sunrise today: 6:35 a.m.

Sunset today: 6:05 p.m.

Moonrise today: 1:43 a.m.

Normal low: 34°

Moonset today: 11:45 a.m.

Record low: 4°

### Almanac

Normal high: 52°

Record high: 82°

Normal low: 34°

Record low: 4°

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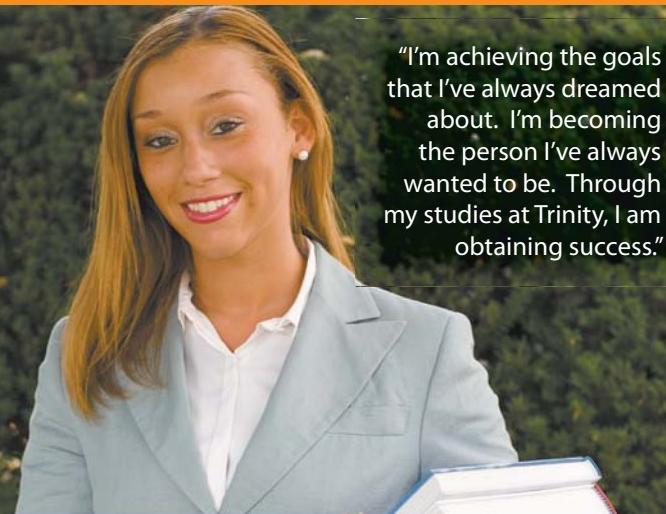
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# lookout puzzles

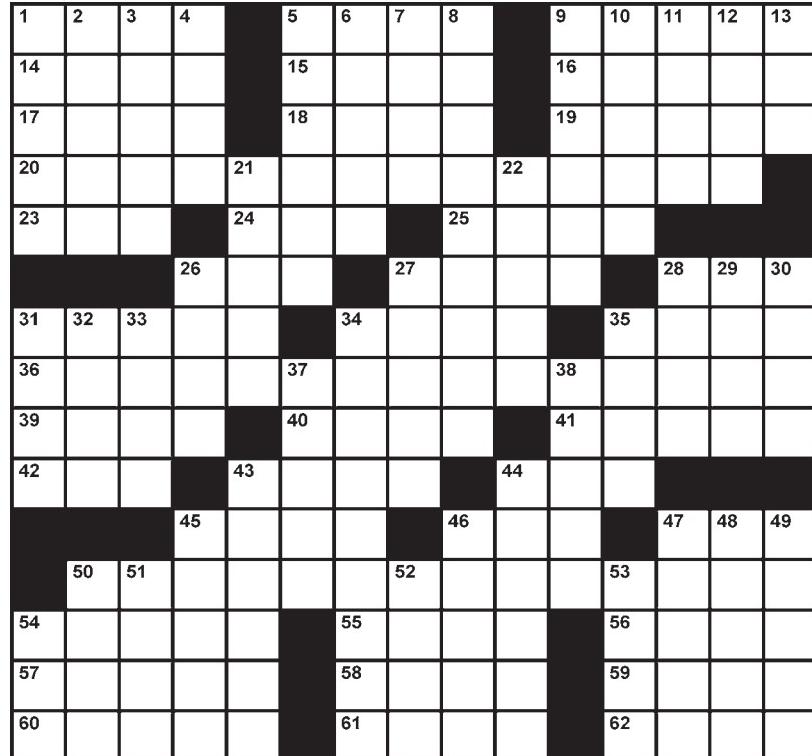
## Crossword

### ACROSS

- 1 Regret a workout, say  
5 Stinging punishment  
9 Stylebook concern  
14 Bio kin  
15 Titular Hathaway role  
16 Olympics star Comaneci  
17 Calf-length skirt  
18 Rough guess  
19 Appropriate by force  
20 1996 Oscar-winning film  
(with "The")  
23 Witness  
24 Prefix meaning "new"  
25 Perfumer's talent  
26 A billion years  
27 Small dog breed, briefly  
28 Exalted poem  
31 Accessory for a flying ace  
34 Attention  
35 Attachment for cowboy  
boots  
36 Bogart/Hepburn classic  
39 Paddle relatives  
40 Quite some time  
41 Quitter's cry  
42 \_\_\_ forma  
43 Hebrew month  
44 Humorous fellow  
45 Will name  
46 Stove fuel  
47 Dashed  
50 1980 Richard Gere film  
54 Pushmi-Pullyu, in the  
movies  
55 The Bard's river  
56 Run in place  
57 To this moment  
58 Opposite of "none"  
59 Malicious  
60 Zero of the population  
61 Vase-shaped pitcher  
62 Tadpole's milieu

### DOWN

- 1 Highest points  
2 Crepe de \_\_\_ (silklke)  
3 Counterbalance,  
financially  
4 "The Last Command"
- Oscar-winner Jannings  
5 Abate  
6 Even if, briefly  
7 Big shot in ice hockey  
8 Cuban dances in duple  
time  
9 Apt to turn out badly  
10 Agra attire (Var.)  
11 Yemeni seaport  
12 Basic idea  
13 Stuff your face  
21 Two common  
prepositions  
22 Battleship on a  
Monopoly board, e.g.  
26 Big Band and Gaslight  
27 One walking back and  
forth  
28 Oil cartel acronym



EDITED BY TIMOTHY E. PARKER

- 29 Point-of-honor settler  
30 Fish-eating bird  
31 Getting-off place  
32 Blacken, in a way  
33 Prefix with "magnetic"  
or "dynamics"  
34 Place for stogies  
35 Like some numbers  
37 Half-diameters  
38 Sort of, but not quite  
43 Add fizz to  
44 Robert of "Austin  
Powers" fame  
45 Hairy-chested ones  
46 Garden figure  
47 Show with big bucks?  
48 Haggard hero  
Quatermain  
49 "...with \_\_\_ in sight"
- 50 "And another thing ..."  
51 BLT layer  
52 Make no bones about  
53 Walking difficulty  
54 Office PC linkup letters

### Yesterday's Solution



## TODAY IN HISTORY

**1770** The Boston Massacre takes place as British soldiers who had been taunted by a crowd of colonists open fire, killing five people.

**1946** Winston Churchill delivers his "Iron Curtain" speech at Westminster College in Fulton, Mo.

**1979** NASA's Voyager 1 space probe flies past Jupiter, sending back photographs of the planet and its moons.

**express**



Published by Express Publications LLC  
1150 15th St. NW, Washington, DC 20071  
A Subsidiary of The Washington Post Co.

Editorial: 202-334-6800  
Fax: 202-334-9777  
Circulation: 202-334-6992  
Advertising: 202-334-6732  
or ads@readexpress.com  
Classifieds: 202-334-6200

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# people lookout



## SECURITY MEASURES

### He Calls it a 'Panic Room'; We Call it a 'Sex Dungeon'

One Direction's Louis Tomlinson has installed a panic room in his England home to protect his girlfriend from intruders, the Sun reports. The security measure comes after fans made death threats toward his girlfriend, Eleanor Calder. A source close to the group said: "One Direction followers are notorious for tracking the lads down, so that's made him a bit cautious." (EXPRESS)

## ELEVATORS

### 'Modern Family' Writers Get First New Idea in Years

"Modern Family" co-stars Julie Bowen, Jesse Tyler Ferguson and Eric Stonestreet were trapped in an elevator for more than an hour Friday at the Sheraton Hotel in Kansas City, Mo., Radar Online reports. "I honestly handled being stuck in an elevator for 50min better than I thought," Stonestreet tweeted after. "All @jessetyler did was pass wind." (EXPRESS)



"Whoever smelt it, dealt it," Eric Stonestreet thought, wisely to himself.

## Good Judgment



### Sheen Mentorship Program Seeks Suitable Mentee

Lindsay Lohan has said thanks, but no thanks to Charlie Sheen's offer to mentor her. Sources tell TMZ that while Lohan appreciates what Sheen's done for her — such as helping pay her back taxes — she would never use him as a mentor. She says she knows her life is out of control but doesn't think he'd help. (EXPRESS)



FREDERICK M BROWN/GETTY IMAGES

## JOBS

### Still The Top German Export

NBC says Heidi Klum has been added to "America's Got Talent" as its fourth judge. The network announced Monday that the supermodel will join fellow incoming judge Mel B this summer for the talent competition's eighth season. Howie Mandel and Howard Stern will be back at the judges' panel. Klum says she's excited to join the show and size up the talent, "from the ridiculous to the fantastic!" (AP)

## MATURITY

### Instagram Image Offers Glimpse Into Biebs' Soul

Justin Bieber used Instagram to respond to accusations that some guests at his 19th birthday party were underage, including Will Smith's son Jaden, 14. "The funny moment when people believe I brought underage people to a club," the singer wrote beneath a photo of a black box. (EXPRESS)

**"When 'Mean Girls' came out, I just thought Lindsay Lohan was genius. I didn't understand how I could ever come close to that if they didn't let me start young."**



— ALLISON WILLIAMS, CO-STAR OF HBO'S "GIRLS," IN THE L.A. TIMES, ON HOW SHE WASN'T ALLOWED TO ACT UNTIL SHE GRADUATED COLLEGE.

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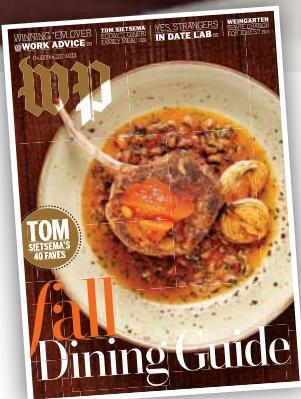
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